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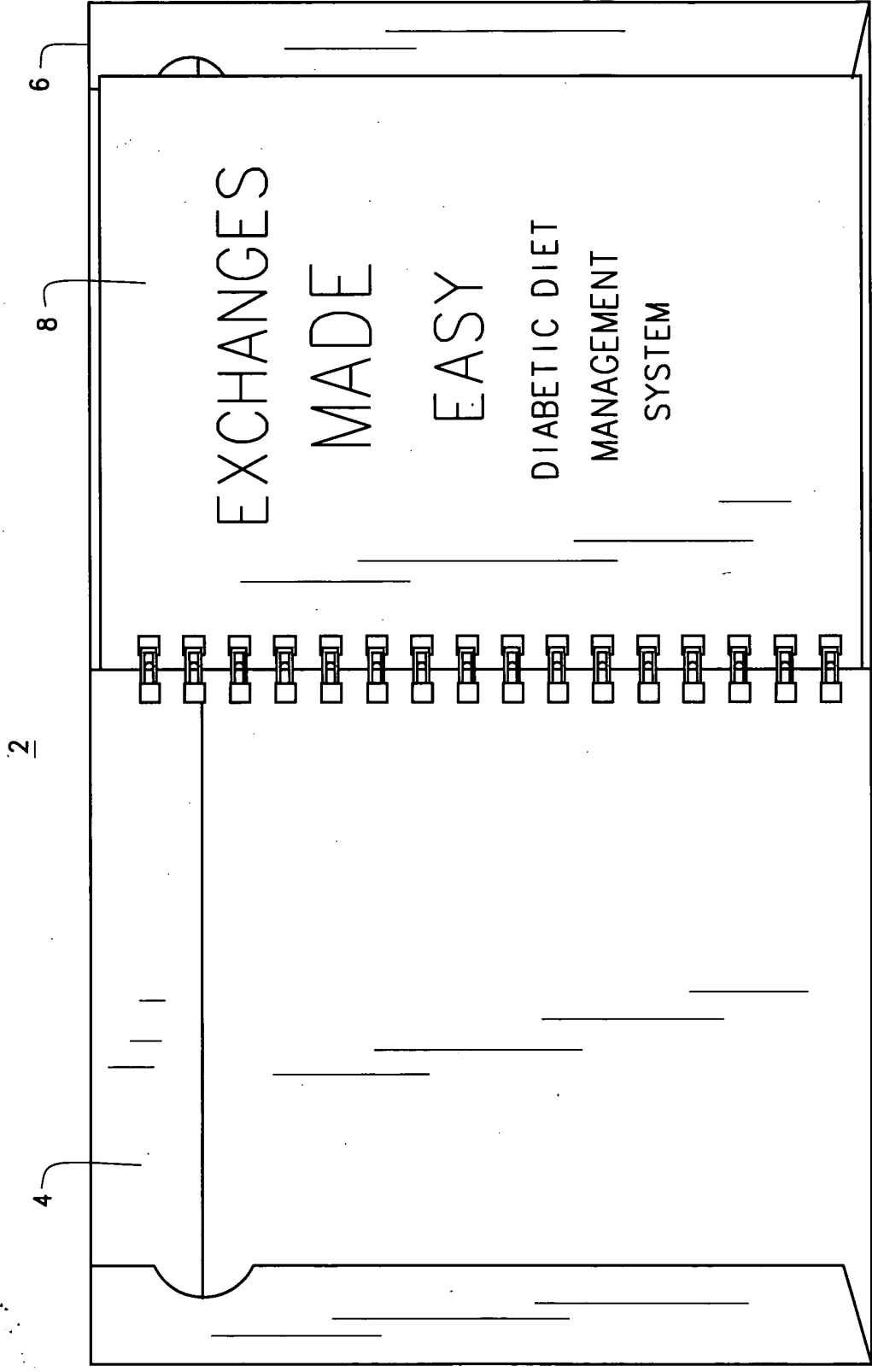


FIG. 1

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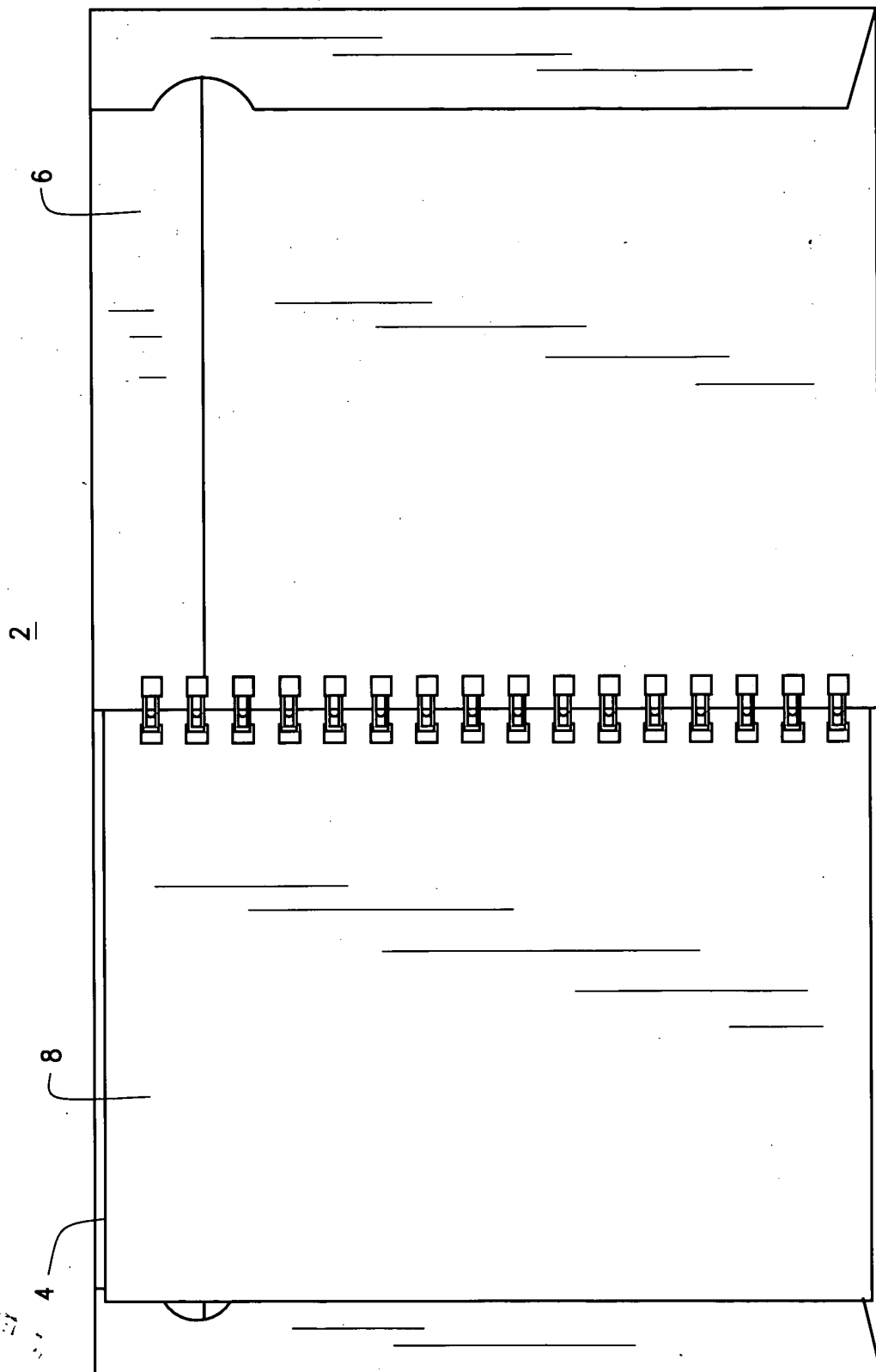


FIG. 2

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FRUIT

APPLE JUICE OR CIDER ----- 1/2 CUP
 APPLE, SMALL ----- 1 (4 OZ)
 APPLES, DRIED ----- 4 RINGS
 APPLESAUCE, UNSWEETENED ----- 1/2 CUP
 APRICOTS, CANNED ----- 1/2 CUP
 APRICOTS, DRIED ----- 8 HALVES
 APRICOTS, FRESH ----- 4 WHOLE (5 1/2 OZ)
 BANANA, SMALL ----- 1 (4 OZ)
 BLACKBERRIES ----- 3/4 CUP
 CANTALOUPE, SMALL ----- 3/4 CUP
 CHERRIES, SWEET, CANNED ----- 1/3 MELON OR
 1 CUP CUBES
 CHERRIES, SWEET, FRESH ----- 1/2 CUP
 CRANBERRY JUICE COCKTAIL--12 (3 OZ) 1/3 CUP
 DATES ----- 1/3 CUP
 FRUIT COCKTAIL ----- 3
 FRUIT JUICE BLENDS, 100% JUICE ----- 1/2 CUP
 GRAPE, JUICE ----- 1/3 CUP
 GRAPEFRUIT JUICE ----- 1/3 CUP
 GRAPEFRUIT, SMALL ----- 1/2
 GRAPES, SMALL ----- 17 (3 OZ)
 HONEYDEW, MELON ----- 10 OZ SLICE
 OR 1 CUP CUBES

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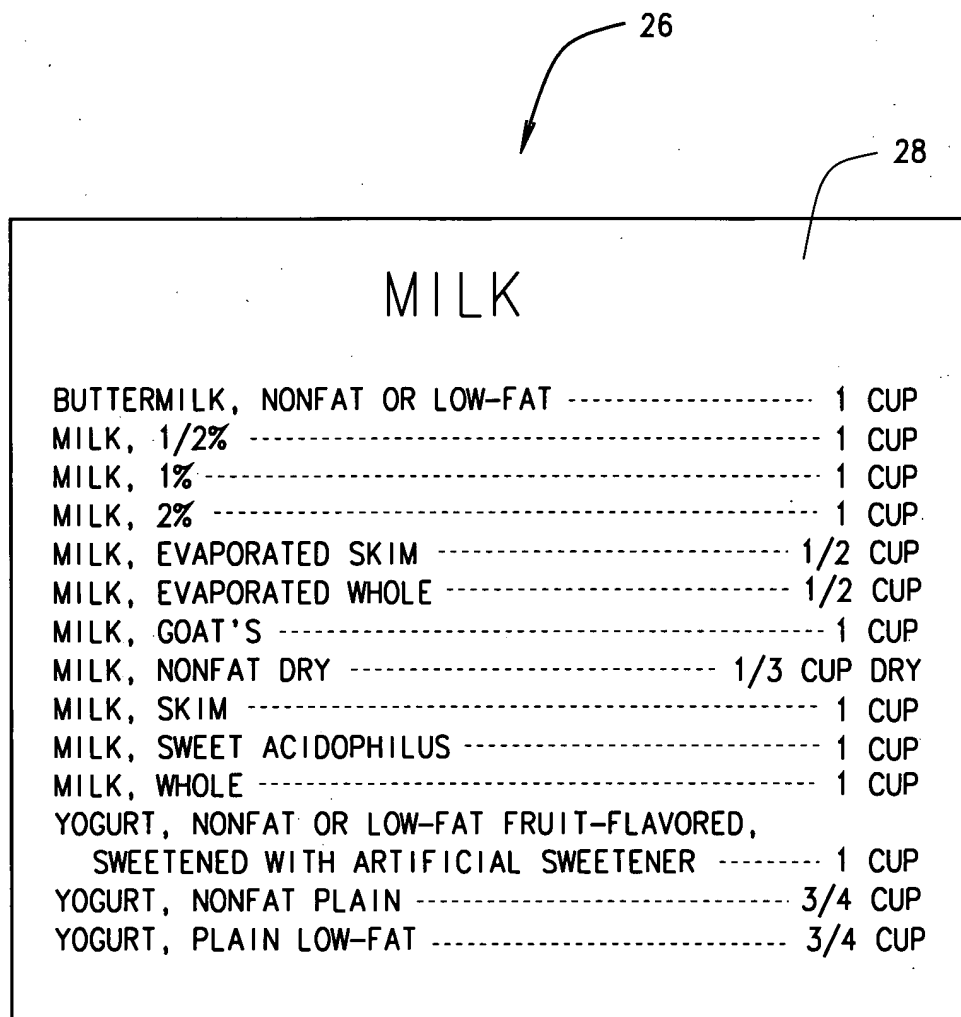
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KIWI ----- 1 (3 1/2 OZ)
 MANDARIN ORANGES, CANNED ----- 3/4 CUP
 NECTARINE, SMALL ----- 1 (5 OZ)
 ORANGE JUICE ----- 1/2 CUP
 ORANGE, SMALL ----- 1 (6 1/2 OZ)
 PEACH, MEDIUM, FRESH ----- 1 (6 OZ)
 PEACHES, CANNED ----- 1/2 CUP
 PEAR, LARGE, FRESH ----- 1/2 (4 OZ)
 PEARS, CANNED ----- 1/2 CUP
 PINEAPPLE JUICE ----- 1/2 CUP
 PINEAPPLE, CANNED ----- 1/2 CUP
 PINEAPPLE, FRESH ----- 3/4 CUP
 PLUMS, SMALL ----- 2 (5 OZ)
 PRUNE JUICE ----- 1/3 CUP
 RAISINS ----- 2 TBSP
 RASPBERRIES ----- 1 CUP
 STRAWBERRIES ----- 1 3/4 CUP
 WHOLE BERRIES
 TANGERINES, SMALL ----- 2 (8 OZ)
 WATERMELON ----- 13 OZ SLICE OR
 1 1/4 CUP CUBES

FIG. 3

FIG. 4

FIG. 5



The diagram shows a milk carton with two labels. Label 26 is a curved arrow pointing to the top of the carton. Label 28 is a curved arrow pointing to the side of the carton, which contains a list of milk products and their corresponding cup measurements.

| MILK | |
|--|-------------|
| BUTTERMILK, NONFAT OR LOW-FAT | 1 CUP |
| MILK, 1/2% | 1 CUP |
| MILK, 1% | 1 CUP |
| MILK, 2% | 1 CUP |
| MILK, EVAPORATED SKIM | 1/2 CUP |
| MILK, EVAPORATED WHOLE | 1/2 CUP |
| MILK, GOAT'S | 1 CUP |
| MILK, NONFAT DRY | 1/3 CUP DRY |
| MILK, SKIM | 1 CUP |
| MILK, SWEET ACIDOPHILUS | 1 CUP |
| MILK, WHOLE | 1 CUP |
| YOGURT, NONFAT OR LOW-FAT FRUIT-FLAVORED, SWEETENED WITH ARTIFICIAL SWEETENER | 1 CUP |
| YOGURT, NONFAT PLAIN | 3/4 CUP |
| YOGURT, PLAIN LOW-FAT | 3/4 CUP |

FIG. 5

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STARCH

| | |
|------------------------------------|---------------------|
| ANIMAL CRACKERS | 8 |
| BAGEL | 1/2 (1 OZ) |
| BAKED BEANS | 1/3 CUP |
| BEANS, DRIED, COOKED | 1/2 CUP |
| BISCUIT, 2 1/2" DIAMETER | 1 |
| BREAD STICKS, CRISP (4"x1/2") | 2 (2/3 OZ) |
| BREAD, REDUCED CALORIE | 2 SLICES (1 1/2 OZ) |
| BREAD | 1 SLICE (1 OZ) |
| BUN, HOT DOG OR HAMBURGER | 1/2 |
| CEREALS, COOKED | 1/2 CUP |
| CEREALS, UNSWEETENED, READY-TO-EAT | 1/2 CUP |
| CORN ON THE COB, MEDIUM EAR | 1 (5 OZ) |
| CORN | 1/2 CUP |
| CORNMEAL, DRY | 3 TBSP |
| ENGLISH MUFFIN | 1/2 |
| FLOUR, DRY | 3 TBSP |
| GRAHAM CRACKERS, 2 1/2" SQUARE | 3 |
| GRITS, COOKED | 1/2 CUP |
| MELBA TOAST | 4 SLICES |
| OATS, COOKED | 1/2 CUP |
| OYSTER CRACKERS | 24 |
| PANCAKE, 4" DIAMETER | 2 |
| PASTA, COOKED | 1/2 CUP |

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| | |
|------------------------------|----------------|
| PEAS, DRIED, COOKED | 1/2 CUP |
| PEAS, GREEN | 1/2 CUP |
| PITA, 6" DIAMETER | 1/2 |
| POPCORN, POPPED | 3 CUPS |
| POTATO, BAKED OR BOILED | 1 SMALL (3 OZ) |
| POTATO, MASHED | 1/2 CUP |
| PRETZELS | 3/4 OZ |
| RAISIN BREAD, UNFROSTED | 1 SLICE (1 OZ) |
| RICE CAKES, 4" DIAMETER | 2 |
| RICE, WHITE OR BROWN, COOKED | 1/3 CUP |
| ROLL, PLAIN, SMALL | 1 (1 OZ) |
| SALTINE-TYPE CRACKERS | 6 |
| SNACK CHIPS, FAT-FREE | 15-10 (3/4 OZ) |
| SQUASH, ACORN, BUTTERNUT | 1 CUP |
| TORTILLA, CORN 6" DIAMETER | 1 |
| TORTILLA, FLOUR, 8" DIAMETER | 1 |
| WAFFLE, 4 1/2" SQUARE | 1 |
| YAM/SWEET POTATO, PLAIN | 1/2 CUP |

FIG. 6

FIG. 7

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VEGETABLE

*SERVING SIZES ARE:

- 1/2 CUP OF COOKED VEGETABLES
- 1/2 CUP VEGETABLE JUICE
- 1 CUP RAW VEGETABLES

ARTICHOKE
 ARTICHOKE HEARTS
 ASPARAGUS
 BEAN SPROUTS
 BEANS (GREEN, WAX, ITALIAN)
 BEETS
 BROCCOLI
 BRUSSEL SPROUTS
 CABBAGE
 CARROTS
 CAULIFLOWER
 CELERY
 CUCUMBER
 EGGPLANT
 GREEN ONIONS
 GREENS (COLLARD, KALE, MUSTARD, TURNIP)
 KOHLRABI
 LEEKS

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MIXED VEGETABLES (WITHOUT CORN, PEAS)
 MUSHROOMS
 OKRA
 ONIONS
 PEA PODS
 PEPPERS (ALL VARIETIES)
 RADISHES
 SALAD GREENS (ENDIVE, LETTUCE, ROMAINE)
 SAUERKRAUT
 SCALLIONS
 SPINACH
 SUMMER SQUASH
 TOMATOES, FRESH, CANNED, SAUCE, PASTA
 TURNIPS
 WATER CHESTNUTS
 WATERCRESS
 ZUCCHINI

FIG. 8

FIG. 9

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FAT

| | |
|-------------------------------|-------------------------|
| AVOCADO, MEDIUM | 1/8 (1 OZ) |
| BACON, COOKED | 1 SLICE (20 SLICES/LB.) |
| BACON, GREASE | 1 TSP |
| BUTTER, REDUCED FAT | 1 TBSP |
| BUTTER, STICK | 1 TSP |
| BUTTER, WHIPPED | 2 TSP |
| COCONUT, SWEETENED, SHREDDED | 2 TBSP |
| CREAM CHEESE, REDUCED FAT | 2 TBSP (1/2 OZ) |
| CREAM CHEESE, REGULAR | 1 TBSP (1/2 OZ) |
| CREAM | 2 TBSP |
| HALF AND HALF | 2 TBSP |
| LARD | 1 TSP |
| MARGARINE, 30% TO 50% | |
| VEGETABLE OIL | 1 TBSP |
| MARGARINE, STICK, TUB | |
| OR SQUEEZE | 1 TSP |
| MAYONNAISE, REDUCED-FAT | 1 TBSP |
| MAYONNAISE, REGULAR | 1 TSP |
| NUTS, ALMONDS, CASHEWS | 6 NUTS |
| NUTS, WALNUTS, ENGLISH | 4 HALVES |
| OIL, CANOLA, CORN, SAFFLOWER, | |
| SOYBEAN, OLIVE, OR PEANUT | 1 TSP |
| OLIVES, GREEN STUFFED | 10 LARGE |
| OLIVES, RIPE (BLACK) | 8 LARGE |

FIG. 10

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| | |
|----------------------------------|----------|
| PEANUT BUTTER, SMOOTH OR CRUNCHY | 2 TSP |
| PEANUTS, DRY ROASTED | 10 NUTS |
| PECANS | 4 HALVES |
| SALAD DRESSING, REDUCED-FAT | 2 TBSP |
| SALAD DRESSING, REGULAR | 1 TBSP |
| SEED, PUMPKIN, SUNFLOWER | 1 TBSP |
| SESAME SEED | 1 TBSP |
| SHORTENING | 1 TSP |
| SOUR CREAM, REDUCED-FAT | 3 TBSP |
| SOUR CREAM, REGULAR | 2 TBSP |

FIG. 11

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MEATS & MEAT SUBSTITUTES

BEEF (CORNEB BEEF, GOUND, ORGAN MEATS, ROAST,
 SHORT RIBS, STEAK, TENDERLOIN) LEAN, TRIMMED
 OF FAT ----- 1 OZ
 CHEESE ----- 1 OZ
 CHICKEN, WHITE OR DARK MEAT ----- 1 OZ
 CORNISH HEN, NO SKIN ----- 1 OZ
 COTTAGE CHEESE, NONFAT OR LOW-FAT ----- 1/4 CUP
 EGG SUBSTITUTES, PLAIN ----- 1/4 CUP
 EGG WHITES ----- 2
 EGG, WHOLE ----- 1
 FISH (COD, FLOUNDER, HADDOCK, HALIBUT, TROUT),
 FRESH OR FROZEN ----- 1 OZ
 GAME (DUCK, GOOSE, PHEASANT, VENISON, BUFFALO,
 OSTRICH, RABBIT) ----- 1 OZ
 HERRING (UNCREAMED OR SMOKED) ----- 1 OZ
 HOT DOGS ----- 1 OZ
 LAMB (ROAST, CHOP, LEG) ----- 1 OZ
 LUNCHEON/DELI MEATS ----- 1 OZ
 OYSTERS ----- 6 MEDIUM

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PORK (CHOP, CUTLET, GROUND, HAM, ORGAN
 MEATS, ROAST, STEAK, SPARERIBS,
 TENDERLOIN), LEAN ----- 1 OZ
 SARDINES (CANNED) ----- 2 MEDIUM
 SAUSAGE (BRATWURST, ITALIAN, KNOCKWURST,
 POLISH, SMOKED) ----- 1 OZ
 SAUSAGE, 1 GRAM FAT/OZ OR LOWER ----- 1 OZ
 SHELLFISH (CLAMS, CRAB, LOBSTER, SCALLOPS,
 SHRIMP, IMITATION SHELLFISH) ----- 1 OZ
 SOY MILK ----- 1 CUP
 TOFU ----- 4 OZ OR 1/2 CUP
 TUNA, FRESH OR CANNED (DRAINED) ----- 1 OZ
 TURKEY, WHITE MEAT, NO SKIN ----- 1 OZ

*LIMIT HIGH-FAT MEATS (E.G. PORK SPARERIBS,
 GROUND PORK, ALL SAUSAGE, OR OTHER MEATS
 WITH 8 GRAMS FAT/OZ OR MORE) AND HIGH-FAT
 CHEESES (E.G. AMERICAN, CHEDDAR, MONTEREY
 JACK, SWISS) TO 3 SERVINGS PER WEEK OR
 LESS

FIG. 12

FIG. 13

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FREE FOODS

*FOODS WITH A SERVING SIZE LISTED ARE LIMITED TO 3 SERVINGS PER DAY

BOUILLON, BROTH CONSOMME
 CANDY OR MINTS, SUGAR-FREE 1 CANDY
 CATSUP 1 TBSP
 CLUB SODA
 COCOA POWDER, UNSWEETENED 1 TBSP
 COFFEE
 CREAM SHEESE, FAT-FREE 1 TBSP
 CREAMERS, NONDAIRY, LIQUID 1 TBSP
 CREAMERS, NONDAIRY, POWDERED 2 TSP
 DRINK MIXES, SUGAR-FREE
 FLAVORING EXTRACTS
 GELATIN, SUGAR FREE OR UNFLAVORED
 GUM, SUGAR-FREE
 HORSERADISH
 HOT PEPPER SAUCE
 JAM OR JELLY, LOW-SUGAR 2 TSP
 LEMON OR LIME JUICE
 MARGARINE, FAT-FREE 4 TBSP

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MARGARINE, REDUCED FAT 1 TSP
 MAYONNAISE, FAT FREE 1 TBSP
 MAYONNAISE, REDUCED-FAT 1 TSP
 MUSTARD
 NONSTICK COOKING SPRAY
 PICKLES, DILL 1 1/2 LARGE
 SALAD DRESSING, FAT-FREE, ITALIAN 2 TBSP
 SALAD DRESSING, FAT-FREE 1 TBSP
 SALSA 1/4 CUP
 SOFT DRINKS, SUGAR-FREE
 SOUR CREAM, FAT-FREE 1 TBSP
 SOY SAUCE
 SPICES OR HERBS, FRESH OR DRIED
 SUGAR SUBSTITUTES
 SYRUP, SUGAR-FREE 2 TBSP
 TACO SAUCE 1 TBSP
 TEA
 TONIC WATER, SUGAR-FREE
 VINEGAR
 WHIPPED TOPPING, REGULAR OR LIGHT 2 TBSP
 WINE, USED IN COOKING
 WORCESTERSHIRE SAUCE

FIG. 14

FIG. 15

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DAILY INSTRUCTIONS

1. BEGIN EACH DAY WITH ALL OF YOUR EXCHANGE CARDS IN THE FRONT POCKET.
2. AFTER EACH MEAL AND SNACK, CALCULATE HOW MANY OF EACH EXCHANGE WAS CONSUMED AND MOVE THOSE CARDS TO THE BACK POCKET.
3. REMEMBER TO RETURN ALL OF THE EXCHANGE CARDS TO THE FRONT POCKET AT THE START OF EACH DAY.

OTHER REMINDERS:

- * CHECK YOUR FEET DAILY.
- * NEVER GO BAREFOOT OR WEAR OPEN TOED SHOES
- * GET ANNUAL EYE EXAMS BY OPTOMETRISTS OR OPHTHALMOLOGISTS.
- * FOLLOW YOUR HEALTH CARE PROVIDER'S INSTRUCTIONS FOR ROUTINE PHYSICAL EXAMS, BLOOD TESTS AND OTHER PROCEDURES.

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NUMBER OF EXCHANGES FOR EACH CALORIE DIETS

| EXCHANGES | 1200 | 1500 | 1800 | 2000 | 2200 |
|-----------|------|------|------|------|------|
| STARCH | 4 | 6 | 8 | 9 | 11 |
| MEAT** | 5 | 5 | 5 | 6 | 6 |
| VEGETABLE | 3 | 3 | 4 | 5 | 5 |
| FRUIT | 3 | 3 | 4 | 4 | 4 |
| MILK | 2 | 3 | 3 | 3 | 3 |
| FAT* | 4 | 5 | 6 | 7 | 8 |

*BASED ON A DIET SUPPLYING APPROXIMATELY 30% OF THE KCALORIES AS FATS.
 **BASED ON LEAN AND MEDIUM-LEAN MEATS OR MEAT SUBSTITUTES.

FIG. 16

FIG. 17

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SAMPLE MENU FOR AN 1800 CALORIE DIET

BREAKFAST

| | | | |
|--------|--------|------|--------|
| FRUIT | 1 EXCH | FAT | 2 EXCH |
| MILK | 2 EXCH | MEAT | 1 EXCH |
| STARCH | 2 EXCH | | |

MORNING SNACK

| | |
|-------|--------|
| FRUIT | 1 EXCH |
|-------|--------|

LUNCH

| | | | |
|--------|--------|-----------|--------|
| FRUIT | 1 EXCH | FAT | 1 EXCH |
| MILK | 1 EXCH | MEAT | 2 EXCH |
| STARCH | 2 EXCH | VEGETABLE | 2 EXCH |

AFTERNOON SNACK

| | |
|--------|--------|
| STARCH | 1 EXCH |
|--------|--------|

SUPPER

| | | | |
|--------|--------|-----------|--------|
| FRUIT | 1 EXCH | FAT | 2 EXCH |
| MILK | 1 EXCH | MEAT | 2 EXCH |
| STARCH | 2 EXCH | VEGETABLE | 2 EXCH |

EVENING SNACK

| | | | |
|--------|--------|-----|--------|
| STARCH | 1 EXCH | FAT | 1 EXCH |
|--------|--------|-----|--------|

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ABBREVIATIONS

| | |
|------|-------------------|
| # | NUMBER |
| #" | NUMBER OF INCHES |
| E.G. | FOR EXAMPLE |
| EXCH | EXCHANGE |
| LB | POUND (16 OUNCES) |
| OZ | OUNCE |
| TBSP | TABLESPOON |
| TSP | TEASPOON |

FIG. 18

FIG. 19

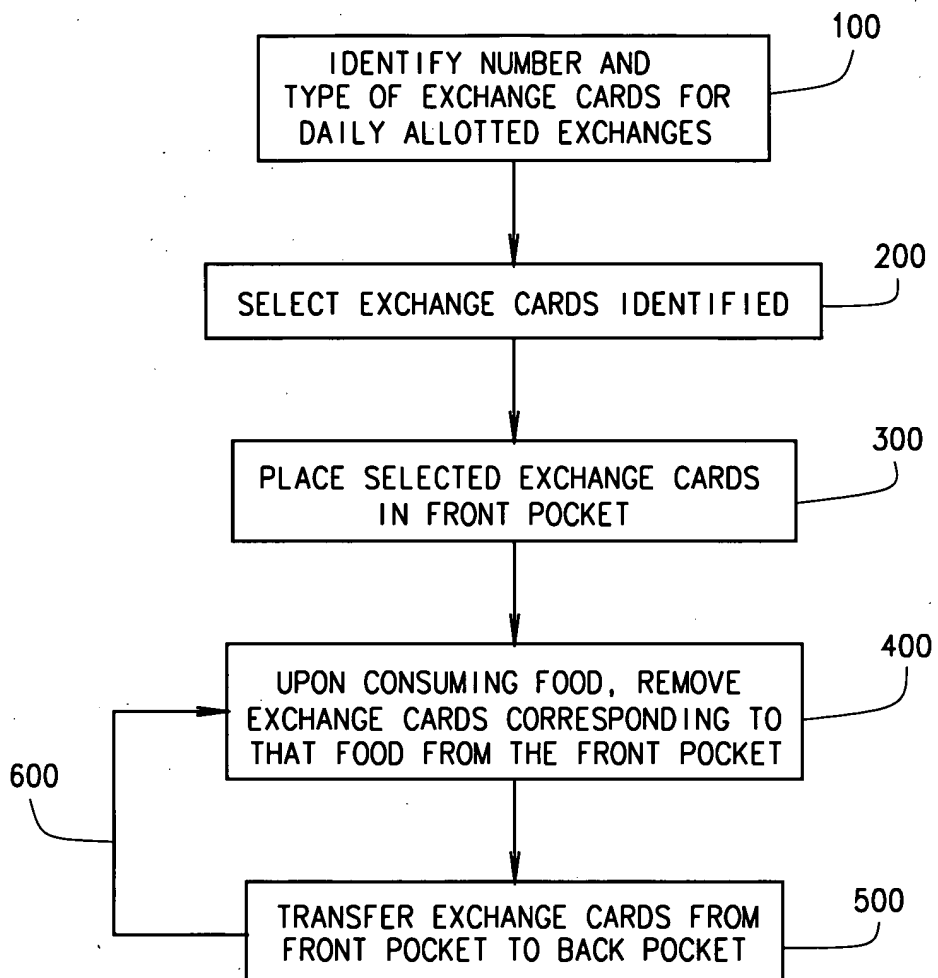


FIG. 20